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Housing fires spike during past month

Yokota Fire Department advises residents to keep eye on cooking, candles at home

By Senior Airman Katie Thomas
Editor

The Yokota Fire Department has been busier than usual.

Within the past month the base has experienced four housing fires resulting in property damage but fortunately no loss of life.

One community member was admitted to the base hospital due to smoke inhalation.

The first of the string of fires happened when a person left a pot of oil on the stove and unattended to clean up their residence.

The next fire started in a pot that was used to melt crayons on a stovetop caught fire.

A third fire occurred when a candle left on a plastic bin container caused a fire to ignite when it heated bin it sat on.

The latest incident was a candle falling onto a vacuum cleaner that was being thrown away, starting the household item on fire.

"These fires would not have happened if the correct safety preventive measures were taken," said Master Sgt. Philip Nixon, 374th Civil Engineer Squadron's assistant chief for fire prevention.

Cooking fires often result from unat-

tended cooking, or when people leave the items they are cooking unattended.

"You should never leave the kitchen area while items are in the oven or on the stovetop," he said.

"Make sure the oven and stove are turned off and no items are left on the burners before departing your residence."

If a fire ignites, community members should not remove pans from the stove or oven because this may injure them or spread the fire to other areas of the house. Instead, community members should place a lid on the pan if it is on the stovetop, turn off the burner or oven, and use a fire extinguisher.

Candles are also a top concern at the fire prevention flight, said Sergeant Nixon.

"Candles help mark special occasions and can create special atmospheres, but brings fire into your home," said Mark Lawler, Yokota fire chief. "According to the National Fire Protection Agency, reported home

candle fires have tripled since 1990."

Community members should ensure candles are kept on a heat-resistant surface and in a proper holder, placing them away

from items that could catch on fire. Candles should be put out by placing a snuffer or spoon on top of the flame rather than blown out because of the hazard of sparks and hot wax. Wicks should be trimmed to a quarter of an inch.

"Never leave candles unattended, and keep them away from children and pets," said Sergeant Nixon.

Regardless of how a fire begins, report it immediately to the Yokota Fire Department by calling 911 on base. Those living off base should call 119.

"More than 4,000 Americans die each year in fires and more than 20,000 are injured," he said. "Many of them might be alive today if they only had the information they needed to avoid disaster."

For more information about fire prevention or to inquire about fire extinguisher training, call 225-7290.

"Candles help mark special occasions and can create special atmospheres, but brings fire into your home. According to the National Fire Protection Agency, reported candle fires have tripled since 1990."

Mark Lawler
Yokota fire chief



photo by Chief Master Sgt. Michael Atkinson

International Championship Wrestling performs here in March 2005.

Wrestling show visits April 29

By Staff Sgt. Karen J. Tomasik
374th Airlift Wing Public Affairs

Members of the Yokota community are invited to attend a free performance by International Championship Wrestling April 29 at 7 p.m. in Hangar 15.

The doors open for autographs at 7 p.m. with matches beginning at 7:30 p.m. The event is open to all ages.

Wrestlers participating in the event include Disco Inferno, Norman Smiley, Michelle Morgan, Kharma, Navajo Warrior, Black Dragon, Shane Ballard, Doink the Clown and more.

Spectators will be treated to the highest athletic skills displayed by athletes with backgrounds in many disciplines to include wrestling and hockey.

Since 1995, wrestler Disco Inferno was a prominent part of World Championship Wrestling's Monday Night Nitro from its beginning to end. Although more likely to do a disco dance in his early years, Disco Inferno became a more determined wrestler following a television title win over Alex Wright in 1997. Matches against the likes of Booker T, Chris Jericho, and Juventud Guerrera would provide career-defining moments for WCW's dancing king.

Doink the Clown is a worldwide favorite, wrestling in places like India, England, Singapore, Malaysia and across the United States. Since he wrestled with the World Wrestling Entertainment (formerly known as the World Wrestling Federation) in the late 1980s, he has had memorable wrestling matches with wrestling giants such as Jeff Jerrett, Jerry Lawler, Bam Bam Bigelow and Shawn Michaels.

For more information, call 225-4838 or 225-3308.

Military children recognized for contributions, sacrifices



photo by Capt. Warren Comer

Senior Airman Jorley Vivo, 374th Civil Engineer Squadron firefighter, shows one of Yokota's youth how to use a fire hose during the Kids Understanding Deployment Operations in November 2005. April is annually celebrated as Month of the Military Child.

By Senior Airman Katie Thomas
Editor

April marks a time for celebrating about 40 percent of Yokota's population—the children.

It is the Month of the Military Child, a Department of Defense program which aims a spotlight on the smallest members of the warfighters' families.

The Family Support Center is hosting a deployed family night April 21 beginning at 6 p.m. Parents can enjoy free movies and popcorn with their children, said Staci Mortensen, Family Support Center customer service representative. The family must have at least one spouse who is deployed to attend.

The Fabulous Family Fun Day of Play, supported by the 374th Services Division, is another celebration marking the Month of the Military Child,

said Bennie Luck, youth programs coordinator here. It is April 22 at the Teen Center gym, and features a Sesame Street show including Elmo, Bert, Ernie and the Count from 11:30 a.m. to noon, and 1 to 1:30 p.m. Entertainment also includes Japanese traditional dancers and drummers, and various games.

The Seibu Lions, the Japanese professional baseball team, is offering \$1 admission to their game against the Yomiuri Giants April 29 beginning at 2 p.m. at the Seibu Dome. The tickets are available at the East and West Youth Centers, and available to all ID cardholders and local nationals with base IDs.

After the game, the Seibu Lions are hosting a free youth baseball clinic. It includes free transportation to and from the game and clinic, and free admission into the game. Youth

age nine to 18 can learn from the Seibu Lions including catching, batting, infield, outfield and pitching. Adult volunteers and children must register prior to the clinic to participate.

Yokota offers numerous programs specifically for military children including Child Development Centers, youth centers, and numerous arts and sports programs.

For more information about the deployed family night, call the FSC at 225-8725. For more information about the Fabulous Family Fun Day of Play and the Seibu Lions game, call the services division here at 225-3308.

The Month of the Military Child began in 1986 under the leadership of former Defense Secretary Caspar Weinberger.

For more information about this month from the Department of Defense, visit www.americasupportsyou.com.

DoD: sexual assault prevention a priority

By Senior Airman Katie Thomas
Editor

Every year the Department of Defense recognizes April as Sexual Assault Awareness Month.

The government wants its employees and families to know that "Sexual Assault Prevention Begins With You," which was selected as this year's theme.

"Each one of us can do our part in shedding light on this subject," said Capt. Joseph Green, 374th Airlift Wing Sexual Assault Response Coordinator. "Talk to the women in your life and let them know that one in six women will become the victim of a sexual assault."

"Talk to the men in your life. Men are not immune – one in 33 men will also become a victim of a sexual assault during their lifetime."

In the Pacific Air Forces, 60 sexual as-

sault cases were reported in 2005, he said. Of these, 82 percent occurred in dormitories with alcohol as a contributing factor.

The SARC representatives here encourage people to:

- ▶ have a wingman to travel with them when they go out to have a good time and never leave one another behind;

- ▶ be cautious about inviting someone into their dormitory or home after drinking alcohol;

- ▶ not accept beverages of any kind in an open container, and never leave their drink unattended;

- ▶ leave a situation if they don't feel comfortable;

- ▶ avoid people who use lines like "If you loved me ...," who do not listen, ignore personal space or boundaries, express a sexist attitude, or act jealous or possessive.

The DoD began the Sexual Assault

Response Coordinator program in June 2005, and presently military installations and U.S. government locations worldwide have this program available to its civilians, servicemembers and families.

According to DoD guidance, the program focuses on providing victims with care and support while holding offenders accountable for their actions.

Specifically, it provides victims with two reporting options, said Captain Green. There is restricted reporting, which does not reveal the identities of the people involved, and unrestricted reporting, which allows an investigation to officially begin and involves commanders.

Regardless of the reporting option a victim chooses, each victim is assigned a victim advocate who will walk them through the reporting processes.

For more information about SARC, call 225-4078.

Charged ... check

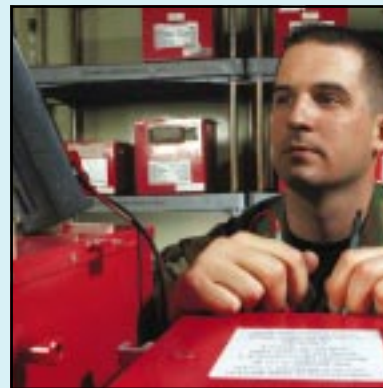


photo by Master Sgt. Val Gempis

Senior Airman Josh Paul, 374th Maintenance Squadron, uses a Fluke multi-meter to check the voltage of lead acid batteries during an inspection at the facility he works at. The batteries provide power for C-130s Hercules and UH-1N Hueys assigned to Yokota.

Nutritional education, information available through base WIC program

By Master Sgt. Dominique Brown
374th Airlift Wing Public Affairs

Community members stationed here have many quality of life programs available to them, and one is the Women, Infants and Children Overseas program.

The WIC program provides supplemental foods and nutrition education for eligible members of the base community.

"The WIC Overseas Program is here to provide up-to-date nutrition and health information to help you and your family eat well and stay healthy," said Adora Carolino, WIC Overseas team

leader and one of the two health counselors available. "We provide nutrition education through individual counseling and group classes to military, civilians and Department of Defense contractors and their families who meet the eligibility guidelines."

The WIC program is primarily targeted for pregnant mothers, families with small infants, breastfeeding mothers and families with children under five years old.

Some of the services offered include monthly breastfeeding classes, referral healthcare, regular screening for anemia,

height and weight checks and food intake assessments of WIC participants.

Supplemental nutritious foods are also offered through the WIC program for families that qualify. The supplementation is to help ensure pregnant women and small children have resources available for getting proper nutrition. Items such as milk, iron fortified baby formula, juice, baby cereal, cheese, beans, eggs, peanut butter, cereal, vegetables and tuna fish can be picked up from the commissary with WIC vouchers.

Educational videos are also

available to sign out for a variety of nutritional topics such as learning about breastfeeding, infant feeding or feeding children who are picky about their food.

The WIC program also emphasizes health care for pregnant mothers. A nutritional risk assessment is offered to screen for low iron, low maternal weight gain, pre-pregnancy overweight, history of miscarriage, dietary deficiency and other pregnancy health risks associated with nutrition.

Pregnant mothers or mothers with newborns can take the Ba-

sic Breastfeeding class which is also offered every third Thursday of the month from 2 to 4 p.m.

Some health benefits associated with utilizing the WIC services offered include: reduced incidence of iron deficiency anemia, reduced incidence of low birth-weight babies, significantly lower incidence of infant mortality, improved cognitive development among children and improved dietary intake.

For more information or to schedule an appointment, call the Yokota WIC Overseas office at 225-9426.

NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at www.af.mil

Air Force improves Web site: SAN ANTONIO (AFPN) – To meet the needs of an ever-changing environment, starting April 10, Airmen can expect Air Force Link to have a slightly different look.

The site will give visitors more control over the content they wish to view. New category links, found on the top right-hand side of the main page, will allow visitors to access categorized news and information.

AF launches cyberspace task force: WASHINGTON – Cyberspace. The word conjures up images of computers, wires, connections and hardware. But, for the Air Force, cyberspace is far more than that. It matters so much that the cyberspace domain has been added to the Air Force mission statement. The Air Force is the only service to do so, and has stood up a task force to harness capabilities and take stock of gaps and vulnerabilities.

Nihon-go now

⇒ **The cherry blossoms are beautiful.**
Sakura wa kirei desu.
(sah-coo-la kee-leh-e dess.)

⇒ **Spring is my favorite season.**
Haru wa watashi no suki na kisetsu desu.
(hah-loo wah wah-tah-shee no soo-kee nah kee-seh-t-soo dess.)

AD

OSI detachment honors first commander

By Staff Sgt. Karen J. Tomasik
374th Airlift Wing Public Affairs

During a poignant ceremony Tuesday, members of the Air Force Office of Special Investigations Detachment 62 gathered together to honor one of their own through a building dedication ceremony.

Building 720 was dedicated in honor of retired Lt. Col. Richard M. Sakakida, the first AFOSI District 46 commander to command from the building following a move from Fuchu, Japan in 1973.

“Hero is a word not used often, but it accurately describes Colonel Sakakida’s contributions and sacrifices to the United States and AFOSI,” said Douglas Thomas, 62nd Field Investigations Squadron director. “He built the foundations between OSI and our Japanese counterparts from 1973-75. He was an extraordinary man.”

Colonel Sakakida was born in 1920 on the island of Maui, and moved to Honolulu, Hawaii on the island of Oahu, the youngest of five children.

Colonel Sakakida was recommended by a former high-school Air Force Junior Reserve Officer Training Corps instructor to be one of General Douglas MacArthur’s two Nisei (American-born Japanese) to spy on the Japanese in the

Philippines during the deterioration of the U.S.-Japan relations in the early 1940’s.

The colonel was inducted into the United States Army Mar. 14, 1941. Only three weeks after entering the Army – with no formal training – he traveled to the Philippines to investigate the Japanese.

Colonel Sakakida played a key role in the surrender of Corregidor in 1942 aiding with the translation of the terms of surrender to the Japanese. Following the surrender, he was placed under the custody of the Japanese Army and spent several months in and out of Prisoner of War camps and jails.

Despite repeated sessions of brutal torture and accusations of being a traitor, the colonel never betrayed his country or mission. Unable to break him, the Japanese employed him at the Judge Advocate General’s office where he was able to gather intelligence to help orchestrate a prison escape for nearly 500 Filipino guerillas.

In June 1945, Colonel Sakakida fled from the Japanese and joined the Filipino guerillas; however, after a serious injury, the guerillas had to leave him behind. The colonel survived off the land until September 1945 when he was reunited with U.S. forces.

“Colonel Sakakida was a very

kind gentleman, a kind of father figure,” said Special Agent Ray Connolly, Special Agent in Charge of the OSI Tokyo Detachment. “Everyone was amazed when we learned about his background after the Army declassified the files in 1994. It’s unbelievable what he went through.”

After the war, Colonel Sakakida served with the Army’s Counterintelligence Command and transferred to AFOSI in 1948 where he served four tours in Japan.

“Colonel Sakakida was definitely a man of his time,” said William Farrell, chairman and director of Dynamic Strategies Asia and former member of OSI-Japan. “He, like many other Japanese-Americans, answered the call to serve his country and fight for the U.S.”

One of his first duties was the position of Chief of Special Operations in Tokyo, where he was responsible for running clandestine operations using two spy ships outfitted to look like merchant vessels.

Colonel Sakakida reported to Kisarazu Air Base, Japan in 1950 where he established an OSI detachment, and successfully established a counteroffensive to prevent the Japanese Communist Party from penetrating the base.

During a third tour in Japan, Colonel Sakakida recognized the

burgeoning black-marketing problem affecting Japanese society and American forces. He created an unprecedented liaison task force between the National Police Agency (NPA), the Tokyo District Prosecutors Office, Tokyo Customs Office, and Japan Tobacco Monopoly Corporation to snuff-out the black-marketing problem. In a two-year period, the task force shut-down a multiple-block area in Tokyo.

Colonel Sakakida served as the commander of the Tokyo OSI detachment during his final tour in Japan. He was instrumental in the successful prosecution of the Kobayashi spy case and was presented a medal by the Director General of the NPA in recognition of his efforts in the case.

After the unveiling of the building dedication, the colonel’s wife, Mrs. Cherry Sakakida, thanked everyone for the dedication in honor of her husband. “I am truly grateful to all those in attendance today. This was a nostalgic return to a place that I hope continues to be a focal point between U.S. and Japan and our allies. My only regret is that he is not here today.”

Colonel Sakakida retired in 1975 after 34 years of service. He passed away Jan. 23, 1996 after a lengthy illness complicated by his war wounds.

NCOs graduate from academy

The following technical sergeants from Yokota graduated from the Erwin Noncommissioned Officer Academy at Kadena Air Base, Japan, April 5:

Larry Glover, 374th Maintenance Squadron, distinguished graduate;

Michelle Goodell, 374th Airlift Wing; **Gabriel Grasso**, 730th Air Mobility Squadron; **Gregory Green**, 374th Communications Squadron; **Scott Killoran**, 36th Airlift Squadron; **Stephen Meunier**, 374th Operations Support Squadron; **Keith Minner**, Defense Special Representative-Japan;

Shannon Ray, 374th Medical Support Squadron; **Artis Williams**, 374th CS; **Pamela Willis**, 374th Mission Support Group; **Darroll Wiltz**, Det. 1, 36th Contingency Response Group; and **Carolyn Yonamine-Garcia**, 374th Maintenance Operations Squadron.

(Courtesy of 374thAW and Mission Support Squadron)

AD

What happens to some good Airmen

Retired chief master sergeant takes closer look at basic to first station

By retired Chief Master Sgt.
Joe Lavigne

DAVIS-MONTHAN AIR FORCE BASE, Ariz. (AFPN) – Every time I review a discharge package for a young Airman who went down the wrong path, I ask myself how we failed.

That's right, how did we fail? You may think I am a bit off, since it was the Airman who violated the standards, not the rest of us. It was the Airman who showed up late for work or failed to make a mandatory appointment, not us.

So how did the Airman ever get to the point of being discharged? After all, the Airman made it through our basic training. If basic training ever was a simple ticket to punch on the way to "the real Air Force," this is not the case anymore.

The military training instructors are tough. Just ask one of the chiefs or first sergeants who have gone to Warrior Week during the past year. The regimen is strict. The trainees (they do not earn the privilege of being called Airmen until they graduate from Warrior Week) are up early, take part in physical training six days a week and work hard right up until the lights go out at night.

After earning their Airman's Coin during a very emotional Warrior Week graduation ceremony, the Airmen finish basic and head off, in most cases,

to their technical school. Granted, the reins are loosened up a bit when they leave Lackland Air Force Base in San Antonio, but they are still held to a high standard, and they have to be focused to pass the academic portion of their technical schools.

Finally, the Airmen arrive at their first duty station. Maybe they are lucky enough to have a sponsor appointed before they arrive. Maybe their sponsor actually meets them (in uniform) at the airport, and maybe their sponsor takes the time to sit down and go over the standards and expectations before turning them loose. Maybe not.

Here is how the scenario usually plays out. Their sponsor shows up to meet them in shorts and a T-shirt. It's easy to spot "their troop" because our Airman shows up proudly wearing a service dress uniform.

The sponsor walks over to Airman Newbie and introduces himself/herself: "Tom/Susie (that's Airman Newbie's first name), I'm Bill/Laura (what the sponsor meant to say was Staff Sergeant Smith). Welcome to your new home!"

After the gathering of Airman Newbie's luggage comes the ride to base, during which Bill explains to Tom how terrible things can be. There are countless exercises, inspections, deployments, visits and long hours because many Airmen in the shop

are deployed. Furthermore, there is not a whole lot of time left, nor is there a lot for an 18-year-old to do off duty.

Then, Bill drops Tom off at the dorm where the first person he runs into is Airman Sometime, who is being discharged for minor disciplinary actions. Naturally, Airman Sometime is the resident barracks lawyer and personnelist, and gives Airman Newbie the "real story" about the base.

Bill introduces Tom to everyone in the workcenter, and after some inprocessing actions they all head off base in their battle dress uniforms for lunch at a nice sit-down restaurant. Airman Newbie seems confused because there are a lot of civilians in business attire. He remembers being told that BDUs should only be worn off base for short convenience stops or to fast food restaurants and establishments where similar attire is worn.

No worries, because according to the sponsor, this is the "real Air Force" and Airman Newbie needs to forget all that stuff he/she was taught up until this point in his/her short, yet structured, career.

If this seems far-fetched to you, wake up! It happens every day, and that is where we fail our young Airmen. So, how do we fix this problem?

First, start our Airmen off on the right foot. Be a great sponsor to them; help them get settled into their new surroundings; turn challenges into opportunities. In other words, meet them at the airport in uniform. Let them know they are part of the best and busiest

organization in the Air Force.

Tell them that although they will be extremely busy, they will be contributing to an organization that has an outstanding reputation and work ethic, and we need them to give 100-percent effort if we hope to maintain our reputation.

Next, adopt the motto used at many technical training centers: "Train 'em right, train to fight." In other words, set your troops up for success, not failure. Ensure they understand their role in the upgrade training process. Make sure they know who to contact if they are having trouble understanding; surround them with successful Airmen. And, follow up on their progress.

Third, lead by example. Ensure you are in compliance with dress and appearance standards. Polish your boots. Replace the "world tour" T-shirt you wear with your BDUs with an authorized one. Comply with the spirit and intent of Air Force instructions. Make sure you are living up to the roles and responsibilities for your current grade, as they are outlined in Air Force guidance.

Finally, help them understand they are Airmen 24 hours a day, seven days a week, and 365 days a year. That means 100 percent compliance with standards, 100 percent of the time, not just when they are at their workcenter.

If, after all this, one of your Airmen still does not get it, then help him/her out the gate, and back into civilian life. You can do so with your head held high, knowing you were the solution, not a part of the problem.



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How to reach us

Editorial content is prepared by the 374th Airlift Wing Public Affairs Office, Bldg. 315, Yokota Air Base, Japan.
Phone: 225-8833
Fax: 225-4867
Mail to: 374 AW/PA, Unit 5078, APO AP 96326-5078 or send to: fuji.flyer@yokota.af.mil

Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

Editorial staff

Col. Scott Goodwin
374th Airlift Wing commander

Capt. David Westover
Chief, Public Affairs

Capt. Warren Comer
Deputy Chief, Public Affairs

Capt. Ben Alumbaugh
Chief, Plans and Operations

Master Sgt. Dominique Brown
Superintendent, Public Affairs

Staff Sgt. Karen J. Tomasik
Chief, Internal Information

Senior Airman Katie Thomas
Editor

Eight Co., Ltd.
Publisher

Where's a good wingman when you need one?

By Maj. Tom Means
39th Operations Squadron

INCIRLIK AIR BASE, Turkey (AFPN) – Several months ago, while returning from a stateside TDY, I was waiting in the domestic terminal of the Istanbul Airport when I saw something unusual. Among the busy crowd was a young Airman who obviously was new to Turkey and its environment.

How did I know this from 50 yards? If the clean shave and short haircut didn't give it away, the well-pressed service uniform with a matching Air Force embroidered garment bag did. The fledgling rank on his shoulder meant he'd probably just graduated tech school and was a first-term Airman assigned overseas.

Although he stood tall and wore his uniform proudly it was apparent he had nothing more inconspicuous to change into. So, be-

cause of the shortcomings of his sponsor, he'd have to wait for a newcomer's briefings to get the force protection briefings that could have prevented this unnecessary risk.

Some would argue he had no "wingman" that day. I contest he needed something more. In the fighter business, a wingman is an experienced pilot who struggles with the complex tasks and tactics of combat aviation. The brand new wingman can usually keep other aircraft in sight, provide visual mutual support and avoid hitting the ground while maneuvering in three dimensions.

Mistakes are expected and corrected through extra instruction, study and sometimes public embarrassment in front of his peers. It's the flight lead who's responsible for sound judgment, exemplary discipline, timely instruction and overall safe conduct of the flight and its multimillion-dollar assets.

The wingman program is based on the te-

net that any "wingman" can provide mutual support and theoretically mitigate a bad situation. While this may be true, we sometimes overlook the opportunities to call on our experiences and maturity to lead when necessary.

Leadership in this case is going the extra mile, calling on the courage to intervene, and tell a complete stranger their behavior is unacceptable and may get themselves hurt or in trouble.

Although they may have a wingman meeting the intent, their lack of experience in the local area may buy them an entry into the police blotter or worse. It's you, the resident expert, or for a better term the flight lead, who needs to watch out for them. Our Airman at the Istanbul airport needed someone like this.

We can't afford a preventable accident due to inaction when we see a bad situation developing. Be a good flight lead, get engaged, and take care of your fellow Airmen.

DUI Prevention

April. 5 – April. 11	0
Total DUIs in April	1
Total in 2006	4

Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't
drink and drive.
Call 225-RIDE!*

Send 374th Airlift Wing Commander's Action Line questions to: action.lines@yokota.af.mil

In the moving business

Airmen help train Afghan National Army troops on transportation

By Tech. Sgt. Mario Saenz
Office of Security Cooperation-
Afghanistan Defense Reform
Directorate

(Editor's note: Sergeant Saenz is deployed to Afghanistan from the 374th Logistics Readiness Squadron.)

The Afghan National Army's Central Movement Agency, assisted by a coalition embedded training team, conducted their inaugural movement operations recently, delivering Meals Ready-to-Eat for forward operating units.

This was their first self-sustained mission after several training deliveries in the Kabul areas. This mission brings the CMA one step closer to being self-sufficient.

The CMA, currently consisting of 90 ANA personnel and 33 vehicles, will mature to nearly 1,000 personnel and more than 600 vehicles, totaling four transportation companies. It will serve as the ANA's national transportation system and stand ready to provide vital military transporta-

tion services for ANA across Afghanistan.

Col. Ghulan Rasoul, Afghan National Army, has been working with a team of U.S. military transportation specialists from the Office of Security Cooperation Afghanistan since January.

The U.S. servicemembers have worked diligently to develop and carry out formal and hands-on instruction to prepare the CMA for their inaugural mission.

Colonel Rasoul and his team of officers, noncommissioned officers and soldiers are eager to begin self-sustained operations and are enthusiastic about their upcoming task.

"The Afghan people are ready to see their Army providing supplies to the ANA units," said Colonel Rasoul. "I feel comfortable with our current soldier's capabilities and am excited to continue the training for the missions to come. Soon we will provide the nationwide services currently provided by commercial contractors."

Maj. Richard Jones, senior CMA mentor, who leads the U.S. servicemembers, noted the task has been a grassroots effort.

"Our first step was to aggressively assess all current CMA duty proficiencies," he said. "The team then identified what was required to move the ANA from ground zero to full mission capability and began to implement plans to get them there."

Formal classroom instruction developed for CMA leadership also helped interaction between team members and the CMA, and facilitated mentoring relationships.

Through Dari interpreters, the mentors developed and delivered extensive courses on basic preventive maintenance checks and services, driver responsibilities, vehicle specific operation and safety. The CMA training and mentoring has also included professional military topics, such as mentoring junior officers, command level decision making, and the important NCO roles and responsibilities required for mission accomplishment.

The U.S. servicemembers rotated through the intensive formal and hands-on courses have used Kabul area supervised cargo movement missions as training events. These missions have been managed by embedded training member Master Sgt. Jonathan Tucker, vehicle operations mentor.

"The ANA drivers are utilizing instruction learned in the classroom and displaying it behind the wheel – it's exciting to see," he said.



courtesy photos

Above, the Airmen with the Office of Security Cooperation are (left to right) Maj. Rick Jones, Tech. Sgt. Chandler Thomas, Master Sgt. Jonathan Tucker and Tech. Sgt. Mario Saenz. They train the Afghan soldiers how to move supplies via ground transportation. Left, Lt. Col. Kenneth Backes watches as Afghanistan National Army Corporal Ebrahim directs the loading of a medium tactical vehicle.

Tech. Sgt. Chandler Thomas, air transportation mentor, indicated he's confident the CMA is prepared to accept their first solo mission.

"We have provided the Af-

ghan National Army with all the tools necessary for success," he said. "The team has taught the ANA proper dispatch and complete cargo movement procedures with a focus on safety."

AD

YARD SALES
Saturday – 7 a.m. to 2 p.m., five-family sale at 3293-B in west housing including toys, clothes, furniture, bedding and more.
Saturday – Morning to noon, Bldg. 4260C in east housing. 227-3965.(1)

WANTED
Miscellaneous – Sublet available April 17 to May 5 at Kibo CDC for 2 year old, any category. 227-5101.(2)

Spanish teacher – During lunch time or evening. *spacyincal@yahoo.com*.(3)
Recliner – Big, comfortable recliner in very nice condition from smoke-free, pet-free home. 227-3349.(3)

LOST & FOUND
Found – Sunglasses near Yokota Field March 19. 227-2562.(2)
Lost – Adult long-haired black and brown male cat in north housing, answers to “Momo,” has name tag and current shot tag. 227-2280.(2)

Lost – Male cat with gold eyes and long black hair and shaved back. 227-2442.(3)

PETS
Aquarium – Includes fish, 20-gallon tank, stand and accessories, \$65 OBO. 225-9573.(1)
Dog – 20-month-old miniature pinscher, loves children, playful, \$500 OBO. 042-531-7995.(1)
Free – Hamsters, cuddly pocket pets. 227-4087.(1)
Dog – 1 year old, playful. 227-4117.(2)
Free – Cocker spaniel, microchipped, spayed, shots current, house trained. 227-2238.(2)
Dog – 8-year-old mini schnauzer needs a loving home, playful and personable. 042-553-6028.(3)

FOR SALE
Fence – 227-5153.(1)
Miscellaneous – Graco single jogging stroller, \$50; bookcases, \$30; kitchen table with four chairs, \$25; Pioneer floor speakers, \$50; boys’ 16-inch bike with helmet,

The Fuji Classifieds are provided as a free service to readers.
To submit ads, e-mail: *fuji.flyer@yokota.af.mil*.
Advertisements must be for one time sales only, 25

\$15; child’s desk and chair, \$20; men’s blue service coat, size 44L, \$30. 225-9573.(1)
Awning – For east side 3-bedroom garden home, \$120. 227-9507.(1)
Electronics – Compaq 134 key office internet keyboard, \$35 OBO. 227-7178.(1)
Miscellaneous – Japanese refrigerator and freezer, \$50; wood table with four chairs, \$50; electric countertop grill, \$30; mini-recliner, \$40; wood/fabric chair, \$50; futon pads, \$25 each; futon bedding, \$25; 17-inch computer monitor, \$40. 090-7838-1265.(1)
Car parts – Four 17-inch rims with tires, 5-lug, \$350. 227-4702.(1)
Electronics – CRT monitors; Everex StepNote 5 notebook, \$20; desk speakers, \$5. 090-6042-0797.(2)
Miscellaneous – Professional carpet extractor, \$950; 15-inch BMW rims and tires, \$375. 227-2425.(2)
Musical instruments – Drum machine, \$190; Yamaha nickel trumpet, \$160; bass and lead guitars, \$40 each. 227-2425.(2)
Miscellaneous – Two portable DVD players, 2 PSP systems with extras; oak desk with hutch; Turkish rug; bikes; video games; curtains; Panasonic TV combo; king-size bedding; Lasko heaters; toys. 227-3839.(2)
Stereos – Pioneer 12-disc changer, \$95; Carrozzeria CD player, \$70; Kenwood amps, surround sound, sub. 090-6042-0797.(2)

words or less and include a name and home phone number. No more than two ads per family, per week.
Ads will run for one week, possibly longer if space permits. A (1) denotes an ad

Car parts – 18-inch Racing Hart CR wheels, never used, 4-lug universal, \$950 OBO. 227-3838.(2)
Miscellaneous – Factory wheels for Subaru Impreza WRX, \$150; Subaru Impreza license plate frame, \$5; CCM hockey bag, \$35. 090-6042-0797.(2)
Car parts – Kaiserlade chrome wheels, 19 inches, with tires, \$1,700 OBO. 227-7178.(2)
Electronics – Laptop, \$225; CD duplicator, \$240; 1.7Ghz system, \$260; flat heat press, \$390; wireless PS2 controllers, \$25 each; remote control car, \$15. 227-2425.(2)
Miscellaneous – Fisher Price Pixter with light, case and many games. \$95 OBO. 227-9510.(3)
Miscellaneous – Today’s Kids baby climber w/slide, \$15; Step 2 girl’s out-doors playhouse, \$50; more; Chappell of London upright piano circa 1910, \$800 OBO. 227-9932.(3)
Miscellaneous – 32” JVC TV w/stand, large size Japanese refrigerator, cherry coffee table w/glass top; more. 090-8309-3089.(3)
Bass guitar – Musicman Stingray bass, black, perfect condition w/hard case. \$800 OBO. 227-4570. (3)
Miscellaneous - Awning, for east side housing, painted and ready to put up, like new. \$200, rims and tires for Honda Prelude, aluminum rims. \$50 for all 4227-6696.(3)
Television – 9”color TV w/ VCR, \$25; Daewoo 16” color TV, \$35; Sharp 22”

which is being run for the first time. A (2) denotes an ad which is being run for its second time.
The Fuji Flyer deadline is noon nine days before publication every Friday.

color TV, \$50. 227-9510.(3)
Miscellaneous – Little Tikes table and chairs, \$10; Turtle sand box, \$5; Rescue Heroes figures and accessories; boys clothing age 4-6; 4 cubic foot refrigerator w/freezer, \$40; more. 227-4588.(3)
Computer monitor – HP 17” flat screen w/extra speakers in excellent shape, \$80. 227-3839.(3)
Bassinett – large, \$60 OBO. 227-7058.(3)
Miscellaneous – Dishes, Corningware, coffee and end table set, armoire, recliner, bicycle and more. 227-9439.(3)
Drum Set – 8-piece Yamaha electric drum set, will deliver. \$700 OBO. 227-4570.(3)
Infant toy – Fisher Price Deluxe Jumperoo, like new, still has plastic on the base. \$50 OBO. 227-3182.(3)

VEHICLES
1996 Nissan – Burgham, silver, \$2,500 OBO. 227-4985.(1)
1996 Toyota – Mark II, Japanese GPS, CD player, low mileage, JCI until Aug. 2007, \$3,500. 042-539-0531.(1)
1994 Nissan – Gloria, blue, 4-door, 19-inch chrome rims, subs, tweeter component, in-dash TV, JCI until Oct. 2007, \$4,000 OBO. 227-4688.(1)
2004 Honda – Odyssey, recycling tax paid, JCI until Nov. 2007, \$3,500 OBO. 227-4255.(1)
1994 Toyota – Exiv, green, 4-door, JCI until June 2007, \$1,800 OBO. 227-9576.(1)
1994 Nissan – Bluebird, dark blue, \$1,500 OBO. 227-4985.(1)

1995 Nissan – Silvia, black, 17-inch rims, JCI until December, \$2,300 OBO. 227-7564.(1)
1994 Toyota – Camry, black, custom rims, \$1,500 OBO. 227-2562.(2)
1991 Nissan – 300ZX, 300HP, lots of options, \$3,000. 227-2473.(2)
1994 Mazda – Roadster convertible, JCI until June, \$3,300 OBO. 227-4749.(2)
1991 Nissan – Serena, AWD, CD player, JCI until September, \$2,000 OBO. 227-2562.(2)
1995 Toyota – Sprinter SE Limited, 4-door, automatic, JCI until Jan. 2008, \$1,600 OBO. 227-9541.(2)
1994 Nissan – Bluebird, low miles, JCI until June 2007, \$1,200 OBO. 227-3714.(2)
1994 Subaru – Legacy GT twin turbo, 4WD, \$2,700 OBO. 227-5550.(2)
1996 Honda – 400cc motorcycle, great for new rider, white, \$1,500 OBO. 227-3510.(2)
1991 Nissan – Serena, 4WD, P/W, P/L, sunroof, CD player, JCI until Sept ’07. \$1,700 OBO. 090-6657-3577.(3)
1998 Honda – CBR 1100 XX Blackbird motorcycle, new tires, exhaust, alarm. \$5,100 OBO. 227-6696.(3)
1996 Nissan – Serena. JCI until Oct 07. Automatic, dual sunroof, new rear tires. \$3,750 OBO. 227-4625.(3)
1991 Toyota – Lite Ace van. Cold air, CD player, runs great. \$500. 090-7838-1265.(3)
1991 Toyota – Corolla. JCI until March 2008, new JVC stereo. \$1,400 OBO. 227-8655.(3)
1989 Toyota – Town Ace. JCI until March 2008, new tires. \$1,800 OBO. 227-8655.(3)
1999 Volkswagen – Golf GTX Turbo, silver, CD player, navigation/TV, JCI until June ’06. \$7,950 OBO. 227-3352.(3)
1990 Toyota – Corona EXIV, JCI until April 2007, \$1,000 OBO. 227-9439.(3)

AD

Off base

Nakagami Shishimai: Meaning "lion dance," this is a traditional festival for youth that includes parades and portable shrines. It is Saturday and Sunday at Hieda Shrine in Akishima City. It is a 15-minute walk from the JR Ome Line's Nakagami Station.

Shifune Kannon Azalea Festival Parade: A traditional children's festival, it includes music, parades and traditional ceremonies April 23 at Shifune Kannon Temple beginning at 1 p.m. It is a bus ride from the JR Ome Line's Kabe Station, north exit.

7th Annual Fuji Flower Festival: A 400-year-old Wisteria that is Tokyo's natural monument is featured at this festival and includes musical performances at Hinode Town's civic grounds from 10:30 a.m. to 2 p.m. April 29.

Okutama Cherry Blossoms: More than 10,000 trees around Okutama Lake will begin blooming at the end of April and beginning of May.

On base

Movies

Today – *Ice Age 2: The Meltdown*, PG, 7 p.m.; *Final Destination 3*, R, 9:30 p.m.

Saturday – *Ice Age 2: The Meltdown*, PG, 2 p.m.; *When a Stranger Calls*, PG-13, 7 p.m.; *Final Destination 3*, R, 9:30 p.m. (adults only)

Sunday – *Ice Age 2: The Meltdown*, PG, 2 p.m.; *Something New*, PG-13, 7 p.m.

Monday – *Ice Age 2: The Meltdown*, PG, 7 p.m.

Tuesday – *Final Destination 3*, R, 7 p.m.

Wednesday – *Ice Age 2: The Meltdown*, PG, 7 p.m.

Thursday – *Something New*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

Taco Bell

Taco Bell is closed until April 20 for renovations.

Road tax

Road taxes will be collected at the Yujo Recreation Center Monday through April 21 from 9:30 to 11:30 a.m., and 1 to 3 p.m. Mini-cars and motorcycles can only register Monday and Tuesday. Call 225-8932 or 225-8914.

Life Skills

Life Skills has been relocated on to the second floor of the Dental Clinic, Bldg. 1585. Call 225-3566.

Taiyo renovations

The Taiyo Recreation Center is partially closed Monday through mid-August while it is renovated. The thrift shop and some classrooms will remain open during the renovations. Call 225-6955.

MOPS

Mothers Of Preschoolers is meeting April 18 at the Traditional Chapel from 9:15 to 11:30 a.m. All mothers with children up to age five are invited to attend. Child care is provided during the meeting. This month's topic is family routines and discipline. Call 227-3775.

Summer hire

The annual summer hire program begins June 26 and ends August 18. Applications are accepted April 19 to 25, and are available through the schools. Call 225-3921 or 225-3935.

Earth Week

The 8th Annual Earth Week celebration is April 22 at the Yokota Community Center lobby and includes environmental information, logo contest and poster display.

Base assessment

The 374th Airlift Wing's Information Assurance Office is conducting a Telecommunications Monitoring and Assessment through May. This assessment is to certify telecommunications here are in compliance with Department of Defense regulations. All base personnel and units here and attached to Yokota may experience spot inspections during April. Call 225-9000.

Free shuttle

A free shuttle is offered to Tama Recreation Center. On Fridays, it leaves the bank parking lot at 6 p.m. and departs Tama to return at 10 p.m. On Saturdays it leaves the bank parking lot at 8 a.m. and 3 p.m., and departs Tama at noon and 10 p.m. On Sundays it leaves the bank parking lot at 8 a.m. and 3 p.m., and departs Tama at noon and 9 p.m.

Open house

The University of Oklahoma is hosting an informational open house April 27 from 5 to 7 p.m. in Bldg. 316, room 120. Free OU gear and refreshments will be available. Call 225-3869.

SOS

The Save Our Selves*, or Secular Organization for Sobriety*, holds regular meetings here. E-mail sos-yokota@hotmail.com.

Sensory integration

A free seminar on children's sensory integration is Tuesday from 12:30 to 1:30 p.m. at the base library. Community members can learn about how children process everyday sensory information and problems that can occur.

Yokota Singles

All base singles are invited to a free dinner and Bible study beginning at 5:30 p.m. in the building behind the Traditional Chapel. A free coffee bar is also open every Friday from 7 p.m. to 1 a.m. for all singles in the same building.

Tanabata Dancers

The Tanabata Dancers*, a base group that learns and performs traditional Japanese dances, holds practices Fridays in the Tower 2085 activity room, located near the Enlisted Club. All community members are invited to join.

Commissary

The base commissary is changing the location of numerous frozen and chilled items April 26 to 27. The commissary asks its patrons to be patient while the changes are made.

Samurai Warrior



of the Week



Master Sgt. Janet Lightburn

Master Sgt. Janet Lightburn, 374th Medical Operations Squadron, is this week's Samurai Warrior of the Week for exhibiting the qualities of sympathy toward all people, sincerity and respect for one's word of honor, absolute loyalty to one's superior, and a duty to defend the honor of one's name and guild.

Sergeant Lightburn is an aerospace medical service craftsman assigned as noncommissioned officer in charge of the base obstetrical unit. She oversees technician care of mothers and their newborn infants. Sergeant Lightburn serves as the medical group's first sergeant when the primary is unavailable. She is also the team chief for a Patient Decontamination Team.

Girl Scouts

The local Girl Scouts* chapter is kicking off its Bronze Award project by cleaning up monuments around base Saturday beginning at 3 p.m. at the Officers' Club parking lot. Volunteers are needed to help with local chapter. Call Regina Lowe at 225-3379.

PWOC

The Protestant Women of the Chapel hosts a Bible studies Mondays at 6:30 p.m. at the base library, and Thursdays at 9 a.m. at the Traditional Chapel. Child care is available upon request for the Thursday study. All women are invited to attend. Call 225-7009.

Easter chapel services

Catholic services at the Traditional Chapel:

⇒ Good Friday Stations of the Cross, today at 3 p.m.

⇒ Good Friday Liturgy, Veneration of the Cross, today at 7 p.m.

⇒ Holy Saturday, the great Easter vigil, Saturday at 7 p.m.

⇒ Easter Sunday Mass, Sunday at 9:15 a.m. and 5 p.m.

Protestant services:

⇒ Good Friday Service, at the Contemporary (East) Chapel, 7 p.m. today.

⇒ Easter Sunrise Service, at the Traditional Chapel, communion service, 7 a.m. Sunday.

⇒ Easter Sunday Worship Service, on Sunday, regular schedule for all services.

Chapel Schedule

Traditional (West) Chapel

Catholic: Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant: Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

Contemporary (East) Chapel

Protestant: Gospel service, Sundays at 11 a.m.; Korean Service, Sundays at 2 p.m.; Contemporary service, Sundays at 5 p.m.

PO disclaimer

An asterisk (*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

AD

“Quotes” & Things

“It’s been frozen and defrosted more than a pork chop.”

Rick Grace,
Oakland basketball,
on a recurring
ankle injury

Fit Mom: Pregnant mothers are invited to exercise in the pool at the Natatorium Saturday from 9:30 to 10:30 a.m. through a special program offered through the Health And Wellness Center.

Indoor cycling: The Samurai Fitness Center hosts indoor cycling classes Monday, Wednesday, and Friday at 5 a.m., and Tuesday and Thursday at 5:30 a.m. Cycling is also held Saturday at 9 a.m.

Minor League Baseball: Discount tickets are available for the Seibu Lions vs. Yomiuri Giants Japanese minor league baseball game April 29. The cost is \$1 a person. The game begins at 2 p.m. at the Invoice Seibu Dome. Transportation and parking not included. Visit one of the base youth centers for more information.

Circuit training: The Samurai Fitness Center offers “Morning Madness” circuit training Tuesdays and Thursdays from 6 to 7 a.m.

Tai Chi: Free Tai Chi classes are held at the East Side Elementary gym on Monday and Wednesday nights from 6 p.m. to 7 p.m.

Alcohol Awareness Month: April is Alcohol Awareness Month. Community members can contact the Lift Skills Support Center at 225-3566 for assistance if they feel they have an alcohol problem or would like more information about alcohol awareness.

Kicking it

Billy Blanks, creator of Tae Bo, leads a fitness class at the Samurai Fitness Center Saturday evening. He visited the base as part of the Body and Spirit Tour travelling to Pacific-region military installations to raise morale. More than 50 community members came out for Mr. Blanks’ class which clocked in at an hour of physical training. He also talked with the participants during a break in the program and answered questions. The Samurai Fitness Center and Natatorium offer numerous aerobic classes free of charge.



photo by Tech. Sgt. Corey Clements

Maintenance man gets right ‘fit’ for the job

By Capt. Ben Alumbaugh
374th Airlift Wing Public Affairs

Staff Sgt. Bryon Bass found all he needed to pass the Air Force physical fitness test was right in his own home.

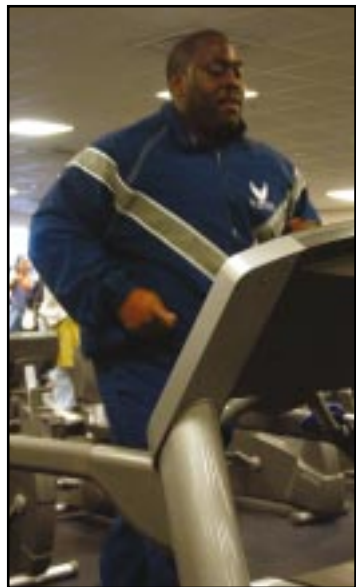


photo by Capt. Ben Alumbaugh

Staff Sgt. Bryon Bass, 374th Maintenance Squadron fuels systems repair craftsman, hits the treadmill during lunch Tuesday at the Samurai Fitness Center.

“I have a three-month-old son and what kind of message would I be sending him if I got kicked out of the Air Force for not being fit,” said the 374th Maintenance Squadron fuels systems repair craftsman. “I had too much to lose not to get in shape.”

Since the Air Force had transitioned from the ergometry (bicycle) test to the new standard, Sergeant Bass had not reached the 75 points necessary for a “good” designation.

“I’ve always been a big man,” said the sergeant. “I come from a long line of big men.”

Sergeant Bass knew he had to pass the test. With his run time and abdominal circumference holding him back, he decided to take the necessary action.

“I did nothing but cardio,” he said. “I haven’t lifted one weight in about four months.”

The former power lifter even changed his diet to try to get his waist size down.

“It’s not as if I had a gut, but I was just big,” the sergeant said. “Most people were

shocked when I told them I was more than 300 pounds.”

The sergeant went about it by running on the treadmill and the stationary bicycle for two hours a day to get ready for the test.

In three months, Sergeant Bass went from a 45-inch waist to a 39-inch waist. He also dropped his weight down to 263 pounds.

“I had too much to lose on a personal level not to lose the weight,” said the sergeant. “I had to put my family first.”

During the course of his intense cardio training the sergeant found something he didn’t think was possible.

“I got addicted to running,” he said. “I got to the point where I really enjoyed running.”

Sergeant Bass said he is hoping to continue the running, so he will be ready for next year’s test without the stress of this year’s test.

“My life came to a fork in the road,” he said. “The Air Force helped me make what I believe is the right decision. I got fit and I’m ready to keep on going.”

Outdoor Rec offers escapes from city life

**By Senior Airman
Katie Thomas**
Editor

Goodbye ski and snowboard season, and hello spring.

The Outdoor Recreation Center is offering opportunities to enjoy the new season.

Rappelling trips are scheduled for Saturday and for April 29. The cost is \$30 and includes equipment rental. Participants must be at least 12 years old to do rappelling. Community members can look forward to teen- and women-only rappelling trips during the season.

The center is also offering a mountain biking trip to Mt. Rokudo Saturday as well. It is free and participants must be at least six years old. Community members can expect numerous mountain bike trips across the Kanto Plain this year.

Hikers and nature-lovers alike may come out to the Mt. Mitake and Tsurutsuru onsen hiking trip April 22. For only \$5, base members can enjoy the sights and sounds of this near-by mountain.

A golf trip to Yoshii-Nanyodai is scheduled for May 13. The trip costs \$66 a person.

Mountain bikers can sign up the the Tour de Tama XVIII race. It is all day May 13 and costs \$25 a person. Bikers can compete in one of numerous categories.

For more information or to sign up for a trip, call the Outdoor Recreation Center at 225-4552.

AD